



## Plum Gar Community Recreation Center

### 55+ Active Adult Programs October 2018



Plum Gar Active Adult 55+ program offers an opportunity to meet new friends and enjoy recreational, educational, and cultural activities. You can participate in Senior Fit, Bone Builders, open gym sports, Health and wellness presentations, Blood Pressure Screenings and much more! New faces are always welcome, Join us!

#### Program Highlights

##### Blood Pressure Screenings

10/19 from 10:30am—12:00pm: Adventist Healthcare will be here for Community Blood Pressure Screenings this month.

##### Open Gym Activities

Take a look at our center's OPEN GYM SCHEDULE to play , Badminton, Volleyball, Pickle ball, Basketball, and Table Tennis.

##### Montgomery County Recreation Memberships

*Active Montgomery Access Free:* Game room and Computer Lab.

*Gym Rat Pass \$30\*:* Open Gym Activities.

*Senior Sneakers Pass \$50\* for a year:* Exercise room and Open Gym Activities (\*for County Residents).

*Rec Assist Program:* available for eligible residents who receive funding/benefits/services from state and/or federal programs.

For more information about programs and activities, inquire at the front desk.

#### Would you like to be a Senior Ambassador ??

Do you like sharing things that are happening around town?  
Do you have friends and family that would like to participate in  
our  
programs? We are looking for volunteers who want to share our  
newsletter on their local community boards. Lets us know if  
you're interested.

#### Senior Program Coordinator:

Zuleyma Gamboa

#### Senior Program Hours:

Tuesdays & Fridays

10 AM — 2 PM

#### Center Director:

Trevor Samuels

#### Recreation Coordinator:

Deanna Greene

#### Address:

19561 Scenery Drive  
Germantown, MD  
20876

#### Phone: 240-777-4919

Hablamos Español

#### Center Hours:

Monday-Thursday

10 AM– 9 PM

Friday

10 AM-6 PM

Saturday 10 AM-4 PM

Sunday—Closed

Montgomery County, Maryland is committed to complying with Americans with Disability Act, (AADA). If you need auxiliary aids or services in order to participate (such as mainstream, companion, large print, ASL or cued speech interpreter, please call 240-777-6960 at least two weeks prior to participation. (TTY 240-777-6974)



## Regular Weekly Activities

### MONDAYS

Senior Fit  
10:30-11:30

Badminton  
6:15-8:45

### TUESDAYS

Bone Builders  
11:30-12:30

Volleyball  
6:30-8:55

### WEDNESDAY

Senior Fit  
10:30-11:30

Pickleball  
6:30-8:55

### THURSDAY

Bone Builders  
1:00-2:00

Basketball  
7:15-8:50

### FRIDAY

Active 55+  
Open Gym  
10:00-1:00

Regular Open gym  
1:00-2:30

## Upcoming Events!

### Board Games

Join us for board games like Checkers, Mag Jong, in the Art Room!

**Every Tuesday**

**10:30am –11:30am**

### Manna Food Center Cooking Demonstration (NEW DATE)

Join us as we learn how to eat and cook healthier!

**Wednesday October 10**

**12:00 PM- 1:00 PM**

### Wii Jeopardy

Join us as we play Jeopardy on Nintendo Wii

**Tuesday October 23**

**12:30pm-1:30pm**

## Info on Weekly Exercise classes:

### Bone Builders

Tuesdays 11:30am -12:30 pm and Thursdays 1:00-2:00 pm

Offered in sessions by Montgomery County Recreation, the class is free but registration is required and class size is limited. Visit ActiveMONTGOMERY.org to register or call 240-777-4925.

### Senior Fit

Mondays and Wednesdays 10:30-11:30 am

Registration is required through Holy Cross Health (Free)

## October is National Breast Cancer Awareness Month

Breast cancer is the most common kind of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early.

If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.

If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer.

Your doctor can help you decide when and how often to get mammograms.

For Montgomery county Senior Services: <http://www.montgomerycountymd.gov/hhs/programindex/seniorservicesindex.html>